

**Crew Rest**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–07:40	PLT	Inspection of ???-1 separator
07:30–08:10	FE-1	Maintenance of ???
09:00–09:25	CDR	Daily status check of US payloads
09:00–09:15	FE-1	RENAL STONE: FE-1 metabolic log entry (food and fluid intake)
09:25–09:45	CDR	RENAL STONE: setup
10:00–11:30		Physical exercise (TVIS)
11:30–12:30		Physical exercise (RED)
12:30–13:30		LUNCH
13:30–15:15	FE-1	Packing for UF-1
13:30–16:15	CDR	
13:30–16:30	PLT	
15:15–15:20	FE-1	Downlink of ??? data
15:20–15:25		Downlink of ?? counter data
15:30–16:30		Packing for UF-1
16:53–17:12	CDR	Private psychological support conference (S-band)
17:12–17:27		Private family conference (S-band)
18:25–18:40	PLT	Private family conference (VHF)
18:45–19:00		Review of plan for upcoming day
19:00–19:15		Daily planning conference
19:15–19:30		Report prep
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:00		Personal hygiene (pre-sleep)
21:00–05:30		SLEEP

NOTE: see OSTP for references to US activities

End of radiogram